

### Message from the Chair:

This is a reminder that we have circulated a **Strategic Planning** survey to all PSAANS members to gather your thoughts on our vision and future priorities, and to reflect on what has been established. The deadline for submitting your input is **midnight on Sunday, March 13th, 2022**

The survey will be followed up with focus groups (virtual and/or in-person) to delve deeper into what has been expressed. If you have any questions about the process or the survey, I encourage you to contact Kevin Deveaux, our Strategic Planning facilitator. Kevin can be reached at [kdeveaux@psaans.ca](mailto:kdeveaux@psaans.ca).

If you would like to be entered in a draw for one of five prizes including a one-night stay at the **Westin Hotel in Halifax** and one of four **\$100 gift cards from Chapters**, please enter your name and email in the link provided at the end of the survey.

#### Link to PSAANS Strategic Plan 2022 Input Survey

<https://forms.gle/JAndEtCYpVeJHY3d6>

#### Lien vers le sondage d'opinion: Plan stratégique de l'AAEPNE 2022 en français

<https://forms.gle/37UBqTeeWojw5mY59>

### Message from Nova Scotia Teachers Pension Plan (NSTPP) Panel:

In October 2020, the Province of Nova Scotia and the Nova Scotia Teachers Union agreed to jointly appoint a committee to review the ongoing challenges facing the Teachers' Pension Plan (NSTPP). The agreement was reached outside the teachers' collective agreement and includes an independent panel of three pension specialists.

The Panel's mandate is to review and analyze the NSTPP, educate and consult with stakeholders, and make non-binding recommendations to fully fund the NSTPP within a reasonable period of time.

All plan members and interested parties should visit [www.nstpppanel.ca](http://www.nstpppanel.ca). There, in addition to background on the Panel and the NSTPP, you will find a 45-minute video that provides background on the pension plan and lays out the challenges. You are encouraged to please watch the video.

**The Panel will be hosting consultation sessions to speak with plan members and solicit views and feedback. These consultation sessions will take place over April 5, 6 and 11. Please visit [www.nstpppanel.ca](http://www.nstpppanel.ca) to register.**

The Panel will be preparing a report with non-binding recommendations. That report will be submitted to the Province and the NSTU by July 31, 2022.

Thank you very much for your attention to this matter. It is important that views of plan members are taken into account as the Panel prepares its recommendations.

### 2022 PSAANS Bursary Program Guidelines:

In support of on-going student learning, the Board of Directors of PSAANS passed a motion to award student bursaries in the amount of \$500.00 to children of current PSAANS members. The child must be graduating from Grade 12 in 2022 and bursaries are subject to the guidelines set out herein. A child is defined as an individual that an administrator has an established duty to make provision for in a parental capacity and that is:



- under the age of 25 years old; and
- dependent on the administrator for financial support.

To be eligible for a PSAANS Bursary, a graduating child of a PSAANS member must meet the following criteria:

- Applications must be submitted no later than **June 1, 2022**.
- Applicants must be graduating from Grade 12 in 2022. In the event that a child is not a resident of Nova Scotia, completion of the local equivalent of Grade 12 will also be eligible. Proof of graduation must be submitted by **October 31, 2022**.
- Students who graduated in 2021 may also apply this year if they have not done so previously.
- Applicants must be enrolling in a post-secondary institution (i.e. community college, university, private college, etc.) for the 2022-2023 academic year.
- Confirmation of enrolment from the registrar of the post-secondary institution where the student is attending must be submitted to PSAANS by **October 31, 2022**. Proof of acceptance to a program does not meet this criterion.
- Students who graduate Grade 12 in 2022 and decide not to pursue post-secondary education during the 2022-23 academic year will have one additional year to qualify for a PSAANS Bursary.
- Each child of an administrator is only eligible to receive a PSAANS Bursary once in a lifetime. This also applies even if more than one parent is an administrator.
- The PSAANS member must be a member at the time that the child graduates from high school.

Application forms can be found in the PSAANS Member Hub under "Forms" and can be downloaded. Please submit completed applications by email to [finance@psaans.ca](mailto:finance@psaans.ca) (preferred method) or by mail to PSAANS Bursary, 3 Spectacle Lake Dr., Suite 395, Dartmouth, NS, B3B 1W8

## Building Better Sleep Workshop - with Mary Hewitt

**Thursday, March 24 4:00 – 5:00 pm**

**Registration information will be sent out soon**

Sleep is an essential function. Sleep gives your body and brain time to recover from the stresses of the day. After a good night's sleep, you perform better and are better at making decisions. Without enough sleep, the brain cannot function properly. Sleep can help you feel more alert, optimistic, and get along with people better. Sleep also helps your body ward off disease.



During the workshop we will explore obstacles to good sleep and sleep disruption as well as strategies to manage. At the end of the session, you will have the opportunity to create a sleep plan that can be used to improve your sleep.

## PSAANS Professional Learning Survey Results:

Once again, thank you to all the members who participated in our survey back in the fall. The results will assist us in offering sessions and conference offerings to meet your needs. Here are some of the highlights from the survey.



### Participation (21%):

- 178 members or 21% of the membership responded to the survey.

### Please identify your current role - Who participated in the survey?

- 69 Vice-Principals
- 85 Principals
- 24 Regional Staff

### Format preferences for professional learning (in order of preference):

- Regional Workshops
- Provincial Conferences
- Videos & Podcasts
- Articles

- Short Courses
- Webinars

### How and when do you prefer to participate in professional learning?

- In-person during the workday
- Webinar (Asynchronous)
- Podcasts
- Webinar (Synchronous)
- During the summer months

### Priorities for your professional learning (top five):

- Trauma-driven Practices
- Anti-racist Education
- Transforming School Culture
- Closing the Achievement Gap
- Inclusive Ed Policy

## Professional Learning with PSAANS:

PSAANS will keep our members informed of opportunities that are available through our association, and those being offered through other professional groups as appropriate. We will also share some social media sites that may be of help for your professional learning.



## Websites & Twitter

### Nova Scotia Youth Project -

<https://youthproject.ns.ca/>

Twitter @YouthProject\_NS

- sign-up for monthly newsletter

### Edutopia – <https://www.edutopia.org>

- sign-up for weekly emails with valuable stories that are personalized to your school's grade level
- offers short professional videos

Twitter @edutopia

## Upcoming Events:

- **Thursday, March 24, 2022**  
Building Better Sleep with Mary Hewitt
- **Thursday, March 31, 2022**  
Board of Director's Meeting
- **Thursday, April 21**  
Creating Safe & Inclusive Schools for 2SLGBTQ+ students and staff